

Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the various day's indigestible waste, sour and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach wonderfully invigorating. It cleanses all the sour fermentations, gases, acids and acidity and gives one a splendid appetite for breakfast, and it said to be but a little while until roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at your druggist or from the store, but sufficient to make anyone who is heretofore with biliousness, constipation, stomach trouble or rheumatism feel enthusiastic on the subject of internal sanitation. Try it and you are assured that you will look better and better in every way shortly.

Fowl Is Chicken.

When two colored baseball teams playing the umpire always calls "unfair ball."

Why?

If he said foul the players would all be looking for the chicken.

AINS IN SIDE AND BACK

Now Mrs. Kelly Suffered and How She was Cured.

Burlington, Wis.—"I was very irregular, and had pains in my side and back, but after taking Lydia E. Pinkham's Vegetable Compound Tablets and using two bottles of the Sanative Wash I am fully convinced that I am entirely cured of these troubles, and feel better all over. I know your remedies have done me worlds of good and I hope every suffering woman I give them a trial."—Mrs. ANNA LLY, 710 Chestnut Street, Burlington, Wis.

Many convincing testimonials constantly published in the newspapers ought to be proof enough to women who suffer from those distressing ills peculiar to their sex that Lydia E. Pinkham's Vegetable Compound is the medicine you need.

This good old root and herb remedy proved unequalled for these dreadful ills; it contains what is needed to restore woman's health and strength.

If there is any peculiarity in our case requiring special advice, write the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for free advice.



Relieves Pain And Stiffness

Yager's
Liniment
gives almost
instant relief from pain
whether it be of a neuralgic,
rheumatic, or gouty
character.

Mrs. Annie Oliver, 810 West Mulberry St., Shamokin, Pa., writes: "Your liniment completely cured me from Rheumatism in my joints."

YAGER'S LINIMENT

Kenneth E. Banks, Oakmont, Pa., writes: "I was caught in the rain and neglected to change my clothing, and contracted a severe cold in the chest. About three days afterward, I took a long ride on a motorcycle, and acquired a nice case of bruised and strained muscles. After a week of whining and limping around, I tried your liniment. After about three good hard rubs with it and a little inhalation to open the nostrils, I confess that I thought I had the longest looked-for 'Elixir of Life'."

Put up in large bottles containing eight ounces. At all dealers 25c a bottle.

GILBERT BROS. & CO., Inc., BALTIMORE, MD.

BIG EXPLOSION ON SUBMARINE KILLS 4

EXPLOSION OCCURRED WHILE IN DRY DOCK MAKING SOME REPAIRS.

FOUR KILLED, MANY INJURED

Cause of Explosion in the New York Navy Yard is Not Known.—Investigating.

New York.—Four men were killed and 10 others injured, five of them dangerously, in an explosion which occurred on the submarine E-2, while the craft was undergoing repairs in dry dock at the New York Navy Yard. One of the men killed was an enlisted electrician and the other three civilian workers.

The dead: R. B. Seabert, electrician, second class; James H. Peck, civilian, general helper, Brooklyn; J. P. Schultz, civilian, machinist, Brooklyn; Joseph Logan, civilian, general helper, Brooklyn.

The injured: L. C. Miles, chief electrician, Brooklyn; Ramon Otto, electrician, Middleburg, Md.; Guy H. Clark, Jr., Frankfort, N. Y.; John Holsey, Baltimore, Md.; James Lyons, civilian; Henry Zoll, civilian; Otto Hassert, civilian; Richard Heyne, civilian; Michael Peyser, civilian; August Kaplan, civilian.

Although the detonation was terrific, the submarine itself, from the outside, shows none of the effects of the explosion, the second fatal accident of its kind in the history of the United States Navy. The interior apparatus was badly shattered but so tight was the vessel's shell that there was no means of escape for gas which accumulated and it was more than an hour after the blast before the work of recovering the bodies could be completed.

A statement indicating that the new Edison storage battery was not in any way responsible for the explosion on the submarine E-2 at the New York Navy Yard, was made by Miller Reese Hutchinson, chief engineer for Thomas A. Edison and a member of the Navy Consulting Board.

CALLED TO DEFEND NATION.

President Wilson Begins Work of Quick Mobilization.

Washington.—President Wilson has begun work to put into operation the plan he outlined in his last message to congress for preparing the nation's manufacturing, railroad and other business resources for quick mobilization in case of emergency. It became known that he has written to the heads of all of the principal engineering organizations asking that they appoint representatives to collect data for use in organizing business for national defense, in time of danger.

The letters, one of which was made public in New York, by W. L. Saunders, president of the American Institute of Mining Engineers, went also to the presidents of the American Society of Mechanical Engineers, the American Society of Civil Engineers, the American Institute of Electrical Engineers and the American Chemical Society.

Renews Promise to Punish Bandits.

Washington.—General Carranza renewed his assurances to the United States that he would make every effort to punish those responsible for the murder to American mining men near Santa Ysabel.

A dispatch from Consul Silliman to the state department, dated at Queretaro said Carranza had personally assured Mr. Silliman, in reply to the department's demand that the murderers be run down, that he "had issued orders for the immediate pursuit, capture and punishment of those responsible for the atrocity."

Simultaneously in a dispatch to Eliseo Arredondo, his ambassador designate here, General Carranza announced that he was about to issue a decree permitting any citizen of Mexico to execute any of the bandits "without formality."

Special Message from Governor Stuart Richmond, Va.—In a special message to the general assembly, Governor Henry C. Stuart recommended legislation which would give state troops called on active service; a "fair and reasonable" workman's compensation law, a preferential primary for selection of candidates for state offices; and the appointment of a commission to study land mortgage banks and other forms of rural credit with a view to the establishment of such a system in Virginia.

Prompt Action Against Typhus.

El Paso, Texas.—Prompt action was taken by Federal authorities to prevent the entrance of typhus fever into the United States from Mexico. Mopotine Martinez, a Mexican who came here from Negras, Mexico, died of typhus in a local hospital. Dr. John W. Tappan, immigration medical officer here, acting under orders from Dr. C. C. Pearce, senior surgeon of the service made arrangements to disinfect all persons from Mexico suspected of having been exposed to the disease.

ALLOW CARRANZA TO RESTORE ORDER

ADMINISTRATION TO GIVE FULL OPPORTUNITY WITHOUT INTERVENTION.

TO DEMONSTRATE ABILITY

The Carranza Government Will Be Given Every Opportunity to Make Good.

Washington.—General Carranza and the de facto government of Mexico are to be given full opportunity without intervention from the United States to run to earth the murderers of American citizens at Santa Ysabel and to demonstrate ability to restore order and protect foreign rights in the Southern Republics. This was the outstanding fact here after a meeting of the cabinet, a conference between President Wilson and Chairman Stone of the Senate Foreign Relations Committee, and another day of stirring debate in the senate chamber.

The president, supported by his cabinet and the Democratic leaders in Congress, is declared to be determined that the American government shall not be stampeded by war talk and cries of vengeance, into rushing an army across the Rio Grande to destroy in its infancy the de facto government, which the United States with the co-operation of Pan-American nations, aided in establishing after the Mexican nation had been torn by revolution for years.

In the senate, administration leaders firmly outlined the position of the government in the face of denunciations from the Republican side, and another resolution directing intervention proposed by Senator Works of California. At the state department officials were vigilant in their watch over the situation, awaiting official word from General Carranza in reply to the demand made upon him to seek out and punish the bandit murderers.

While no direct communication from General Carranza had reached the state department, a message from him to Eliseo Arredondo, the Mexican ambassador designate, announced the dispatch of troops to capture the outlaws and his purpose to visit condign punishment upon every participant in the massacre.

PRIVATE REMOVED FROM SHIP.

British Take American Soldier from Ship Flying American Flag.

New York.—Albert Clark, a private in the Fifth United States Infantry, was removed from the steamship Santa Marta at Jamaica, by a British neutrality officer, according to passengers who arrived here on the Santa Marta. After being detained ashore several hours Clark was allowed to return to the ship and proceed here.

Clark was proceeding from the Panama Canal to Washington and was in full uniform when he was temporarily removed from the Santa Marta, which flies the American flag.

This is said to be the first time a United States soldier has been removed under similar conditions from an American vessel since the war of 1812.

Clark said he was taken to what is known as the lower concentration camp on the outskirts of Kingston and there closely questioned by the commanding officer.

While he was absent American passengers on the Santa Marta decided to appeal to the American consul, but before this could be done Clark returned.

Clark said that he would make a full report of the incident to the war department.

Increase to Miners.

Columbus, O.—Ten per cent increase in wages for machine and pick coal mining on a mine run basis will be demanded of operators April 1, when the present wage agreement terminates, Ohio federation mine workers decided at the final session of their annual convention here.

No Separate Peace.

Petrograd via London.—"Rest assured, as I said at the beginning of the war, I will not make peace before we have forced the last of the enemy out of the limits of the mother country and not otherwise than with the consent of our Allies to whom we are bound, not by paper, but by a sincere friendship and the tie of blood." Emperor Nicholas in these words addressed to one of his armies during the week preceding the Russian Christmas, once more replied to the rumors of a separate peace in Russia.

Huerta's Body Lies at El Paso.

El Paso, Tex.—Garbed in the showy uniform of a Mexican general, the body of General Victoriano Huerta, former provisional president of the Mexican republic, lay in state and was viewed by a large number of his former adherents. Late in the afternoon members of the family and former officers of the Mexican army followed the casket to Concordia cemetery. It is planned to remove the body to Mexico City after peace is restored in compliance with the general's dying request.

GENERAL HUERTA DEAD IN EL PASO

ONCE MOVING SPIRIT AND FORMER DICTATOR OF MEXICO DEAD.

BURIAL TO BE IN MEXICO

Was Given From His Own Country by Carranza-Villa, Combination.—82 Years Old.

El Paso, Texas.—Victoriano Huerta, former dictator of Mexico is dead here. General Huerta, who succeeded Gen. Francisco I. Madero in executive power in Mexico City and later left Mexico, died of sclerosis of the liver. He was surrounded by his family when the end came at 8:35 o'clock. His death was not unexpected. It is believed an effort will be made to arrange for his burial in Mexico.

Gen. Victoriano Huerta was a professional soldier, and as such he had, up to the overthrow of President Francisco Madero, been known for his loyal support of the existing governments. He fought loyally for President Diaz until his fall, and when Diaz was no longer chief executive, Huerta fought for Francisco de la Barra, the provisional president. After Francisco Madero was elected Huerta found it to be his duty to support one who had so long fought as a rebel. His loyalty was not challenged until the Felix Diaz revolution in Mexico City in February, 1913, when the Madero government was completely overthrown and Huerta himself elevated to the presidency.

Huerta was the moving spirit in the consummation of the plot that resulted in the seizure of the person of President Madero and his brother Gustavo.

MORE AMERICANS KILLED.

Some Bandits Captured.—Bitter Feeling El Paso.

El Paso, Texas.—Martial law has been declared in El Paso. Negotiations were begun with the de facto government of Mexico to secure special trains with which to bring Americans still remaining in the bandit terrorized district of northern Mexico to the international border. Military escorts adequate to insure the safe arrival of the refugees also were requested.

Officials of mining companies operating in Mexico at the urgent request of the United States Department of State, ordered their employes now in Chihuahua and Durango to return to the United States.

The execution of three more Americans by bandits of Villa adherents was confirmed by advices received from western Chihuahua. These messages stated that George F. Parsons, according to these reports, was slain while prospecting near the Babicora ranch. It was at this ranch that Peter Keane was killed several weeks ago. Bart Kramer was executed in the Guerrero district.

The capture of General Jose Rodriguez, one of the most prominent of the Villa generals was confirmed.

Severe Weather in Western States.

Chicago.—The bitter cold in the Western States accompanied in certain sections by rain and snow storms, showed no signs of material amelioration.

Along the Canadian border of the Northwest temperatures from 30 to 45 degrees below zero were recorded. St. Louis reported a minimum temperature of four degrees below zero, and in Chicago the mercury dropped to six below. Oklahoma and Nebraska were promised decreasing fridity.

Ford Peace Delegates.

London.—The American members of the Henry Ford peace party have selected five delegates to attend a conference of neutrals to be held later at The Hague.

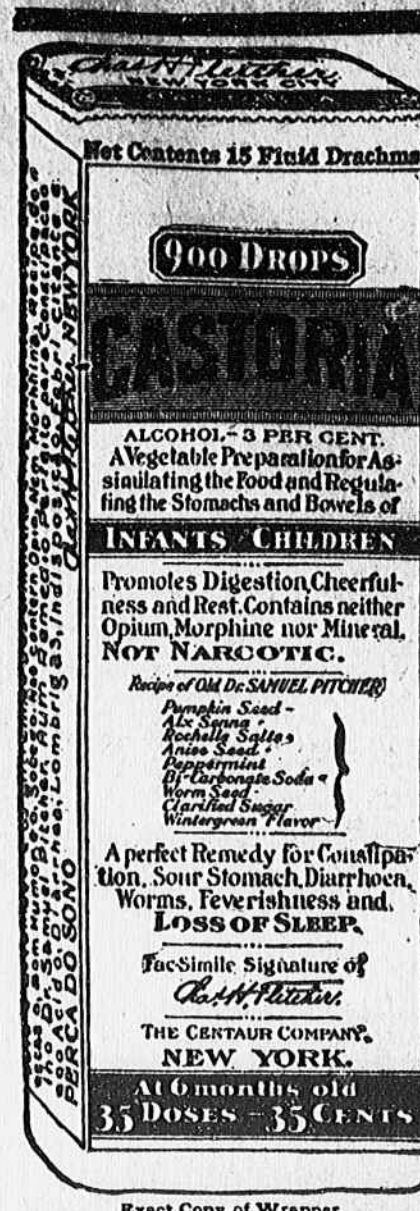
The delegates, it is stated, include Mr. Ford, William Jennings Bryan and Miss Jane Addams.

Arredondo Calls on Lansing.

Washington.—Eliseo Arredondo, Ambassador designate of the de facto government of Mexico, called at the state department and personally assured Secretary Lansing that Carranza troops had been dispatched to western Chihuahua with orders to kill or capture all the bandits concerned in the slaying of American citizens. He said every Carranza soldier in northern Mexico would be pressed into service, if necessary to achieve this purpose. Americans had been warned not to enter this territory.

Miss Addams Before Committee.

Washington.—Two sides of the military preparedness problem was heard by congressional committees. Miss Jane Addams, president of the Woman's Peace Society of America, urged the military committees of the house and senate to make no increase in the army at least until the European war was over, saying the preparedness movement was due to panic on account of the war. Major General Bliss later resumed his statement as a military expert in favor of the administration's army plans.



CASTORIA

For Infants and Children.

Mothers Know That
Genuine Castoria

Always
Bears the
Signature

of

Chas. H. Fletcher
In Use
For Over
Thirty Years
CASTORIA

Her Notion.
"Mandy, you seem to have a mighty fine husband."

"Yes, indeed, Ah has, mum, but sometimes Ah can't help wonderin' how fine he would a-been of he'd been unfortunate enough to have married a woman who wasn't strong enough to work."

SAGE TEA DARKENS GRAY HAIR TO ANY SHADE. TRY IT!

Keep Your Locks Youthful, Dark, Glossy and Thick With Garden Sage and Sulphur.

When you darken your hair with Sage Tea and Sulphur, no one can tell, because it's done so naturally, so evenly. Preparing this mixture, though, at home is messy and troublesome. For 50 cents you can buy at any drug store the ready-to-use tonic called "Wyeth's Sage and Sulphur Hair Remedy." You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning all gray hair disappears, and, after another application or two, your hair becomes beautifully darkened, glossy and luxuriant. You will also discover dandruff is gone and hair has stopped falling.

Gray, faded hair, though no disgrace, is a sign of old age, and as we all desire a youthful and attractive appearance, get busy at once with Wyeth's Sage and Sulphur and look years younger.—Adv.

Close Figuring.
Boarding-house keeper—Susan, will the strawberries go around?

Susan (the servant)—Hardly, mum; there's one strawberry short.

Ec-Zene Kills Eczema.

Let us prove it. Accept no substitute. If your Druggist does not have it, write to Ec-Zene Co., St. Paul, Minn.—Adv.

Some men want to make hay in February and cut ice in August.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

A girl who has loved and lost boasts of her indifference for the men.

One remedy with many uses—Hanford's Balsam of Myrrh. Adv.

The moral of a dog's tail always points to the past.

Nature Work.
"Why do you take a camera when you go fishing?"

"Why, old chap, the fish are such slow biters I can take a time exposure of them swallowing the hook."

"Money Back" Medicine.

Our readers never risk a cent when they buy Hanford's Balsam of Myrrh because every dealer in this liniment is authorized to refund the money if the Balsam is not satisfactory. Adv.

Much Harder.

"There is nothing harder than getting out of a bad habit."

"Yes, there is—getting into a good one."—Boston Transcript.

Piles Cured in 6 to 14 Days

Druggists refund money if PAIN OINTMENT fails to cure itching, burning, bleeding or protruding Piles. First application gives relief. See.

Men learn more as they grow older, but it is of less importance.

Makes Hard Work Harder

A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait—get help before the kidney disease takes a grip—before dropsy, gravel or Bright's disease sets in. Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. Used and recommended the world over.

A North Carolina Case

J. G. Cochran, S. Biltmore, N. C., writes: "I was all run down from kidney complaint and my back was so lame and sore, I couldn't work. The kidney secretions were all over my system and for two years, I have had no sign of it."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

WE WANT A LADY representative in every town to sell NEVATUM, the greatest nerve tonic for women. 100% profit. Deal with your own sex Agents easily make \$15 a week. Full sized bottle for sample 50c with instructions. RUSH MEDICINE CO., 191 MARQUETTE ST., ATLANTA, GEORGIA.

Mitchell's Early Double Kneeling Cotton dress boots—Insects, disease, frost and unfavorable seasons with greatest profit and yields on record. The proof sent free. 100 lbs. seed \$5. Sugar Leaf Farm, Youngville, N. C.

Bolivar Women Endorse "Outside" Treatment For Children's Colds

Instead of Dosing Delicate Little Stomachs They Recommend the External Treatment—Vap-O-Rub.

Mrs. M. J. Porter, and Mrs. J. Jacques, of Bolivar, Mo., and Mrs. M. B. Ferrel, on Rural Route No. 2, like all intelligent mothers, believe internal medicines are bad for children, and yet cold troubles must have some kind of treatment. When Vick's Vap-O-Rub was introduced here from the South last season these ladies found it filled the need exactly. Vap-O-Rub is a salve, which, when applied to the warmth of the body, is vaporized by the body heat. These vapors, inhaled with each breath, carry the medication through the air passages to the lungs, and, in addition, Vick's is absorbed through the skin, relieving the tightness and soreness. This two fold action makes Vap-O-Rub useful for a wide variety of inflammations—from inflammations of the air passages and lungs, such as head colds, catarrh, asthmatic troubles, bronchitis and deep chest colds—down to inflammations of the skin and tissues, such as

burns, bruises, stings, piles and muscular soreness.

Mrs. Porter says—"Vap-O-Rub is very fine for sore throat, rheumatism, etc. I take pleasure in recommending it."

Mrs. Jacques says—"I have used several bottles of Vick's Vap-O-Rub, and have found it better than internal medicines."

Mrs. Ferrel writes—"We have given Vap-O-Rub a fair trial and find it excellent for croup, colds, sore throat, etc. It is certainly fine for children. We have also found it very good in cases of sunburn, fever sores and muscular rheumatism." Three sizes, 25c, 50c or \$1.00.

NOTICE.—Last winter, in order to acquaint their customers with Vap-O-Rub, a number of druggists throughout the state presented complimentary jars to a few of their customers, on condition that they give this preparation a thorough trial and report the results. By kind permission these reports are now being used in this series of advertisements.

The Genuine has
VAPORUB
this Trade Mark